



## Portion Sizes Out of Control

Portion sizes are growing out of control! The average size soda used to be 6 oz in 1950 - today it is commonplace to see 42-ounce servings! This is a difference of 450 calories per serving! According to clinical studies, Americans underestimate the amount of calories they consume each day by as much as 25%. Such "unconscious eating" helps to explain why more Americans than ever - 61% - are now considered overweight.

### Did you know?

- A bagel now has an average of 400 calories, which is similar to half a loaf of bread!
- Muffins can have as much as 500 calories depending on size and ingredients.
- A gourmet coffee should be considered a milkshake! A white chocolate mocha made with whole milk has 600 calories and 15 grams of saturated fat! Skip the whipped cream and ask for skim milk and you will save 200 calories - order a smaller size and you'll save even more!

Americans must become more aware of what they are consuming to help combat weight creep! You base Health and Wellness Center (HAWC) or Dietitian can help you learn more about how to minimize your portion size to stay fit and healthy. Call them today!

***Shape Your Future... Your Weigh!™***